

Dental Problems (AK 38-USDA 381)

Explain to Participant

You're enrolled in the WIC program today because there are dental problems present that may interfere with the ability to eat certain foods. Dental problems include nursing or early childhood caries, baby bottle caries, tooth decay, tooth loss, or gingivitis during pregnancy. When children drink milk and beverages from a bottle at bedtime, the sugar in milk, juice, and sweetened drinks cause early childhood caries.

Goal

The goal is to wean children off the bottle by 12 months of age.

Suggestions for Reducing Risk

Put **ONLY** water in the bottle, if a child must have one at bedtime.
Trade the bottle for a cup.
Brush teeth three times a day.
Don't let your child walk around with a bottle in their mouth.
Take you child to the dentist by about 2 or 3 years old.

Nutrition Education Material Suggested

We Can Stop Baby Bottle Tooth Decay

Explain Applicable WIC Foods

WIC Foods	Nutrients Provided
Milk	Calcium, Vitamin A, Protein
Cheese	Calcium, Vitamin A, Protein
Eggs	Protein
Beans or Peanut Butter	Protein, Iron
WIC Juice	Vitamin C
Cereal	Iron
Carrots	Vitamin A
Tuna Fish	Protein
Salmon	Calcium, Vitamin A, Protein

Explain What the WIC Nutrients Can Do for You!

Calcium	Keeps bones healthy. Helps muscles work. Helps blood clot. Helps control blood pressure.
Iron	Carries oxygen in your blood to your muscles. Prevents anemia. Prevents infection.
Vitamin C	Helps your body heal. Helps fight infections. Helps your body use the iron in the foods you eat.
Protein	Makes up part of every cell in your body. Builds and maintains muscles and other tissues.
Vitamin A	Helps keep your skin healthy and smooth. Helps you see at night.

Materials with More Information

Stop Baby Bottle Tooth Decay
Snack Smart for Healthy Teeth